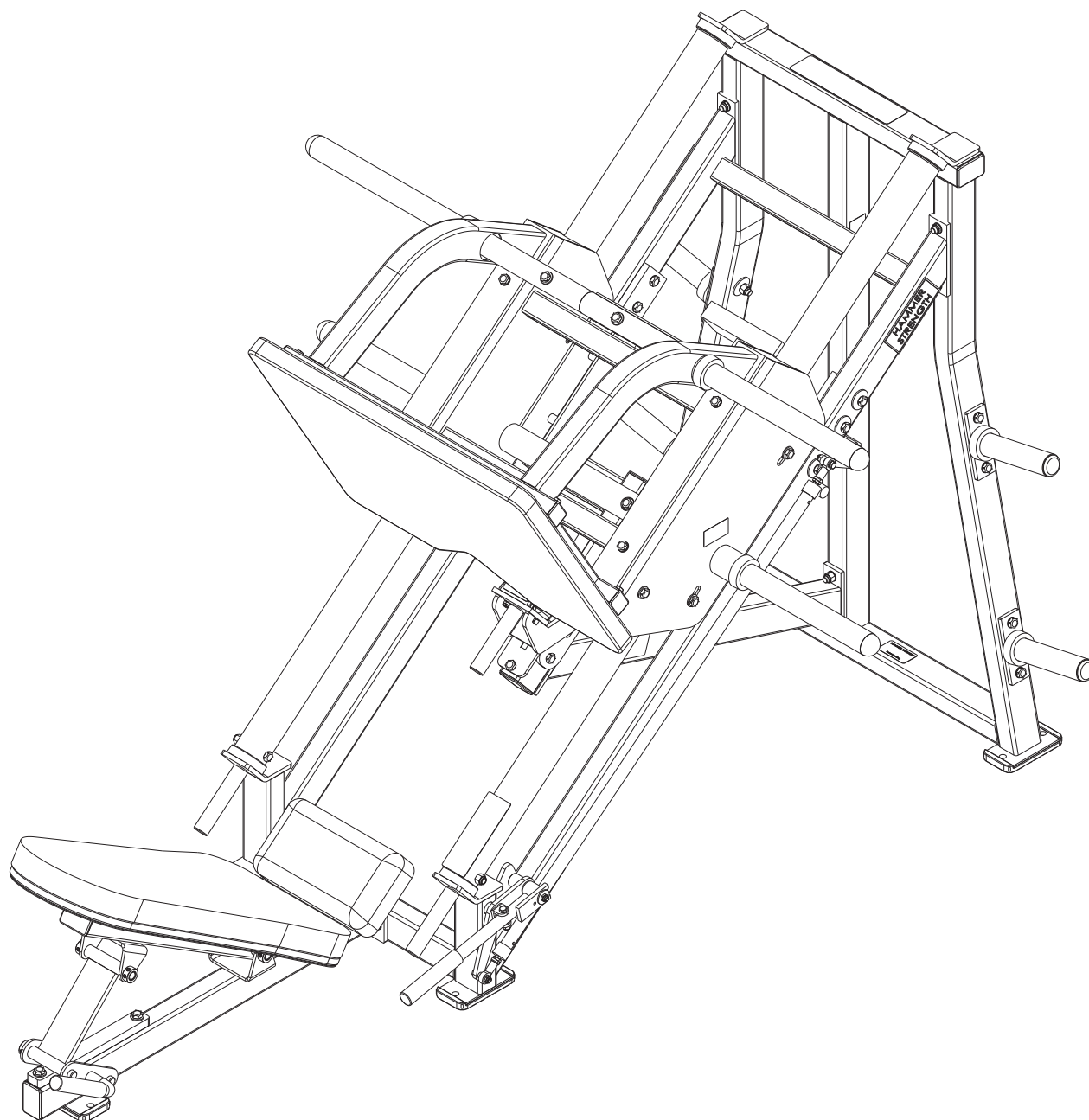




HAMMER STRENGTH  
PLLL2  
PLATE LOADED LINEAR LEG PRESS



Customer Support Services  
**PARTS MANUAL**

# PLLL2 PLATE LOADED LINEAR LEG PRESS

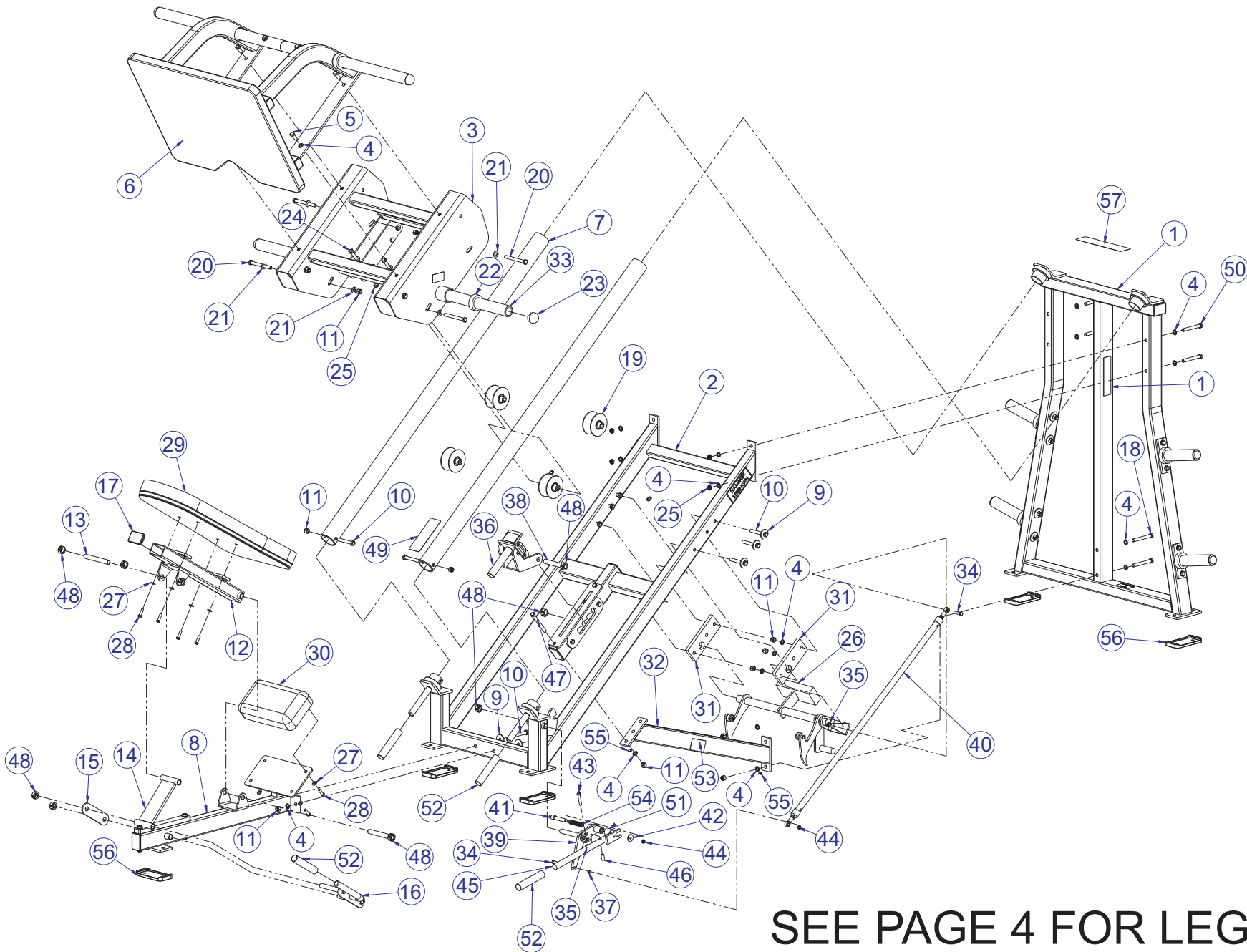
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# PLLL2 PLATE LOADED LINEAR LEG PRESS

## COMPONENT ASSEMBLY



SEE PAGE 4 FOR LEGEND

# PLLL2 PLATE LOADED LINEAR LEG PRESS COMPONENT ASSEMBLY LEGEND

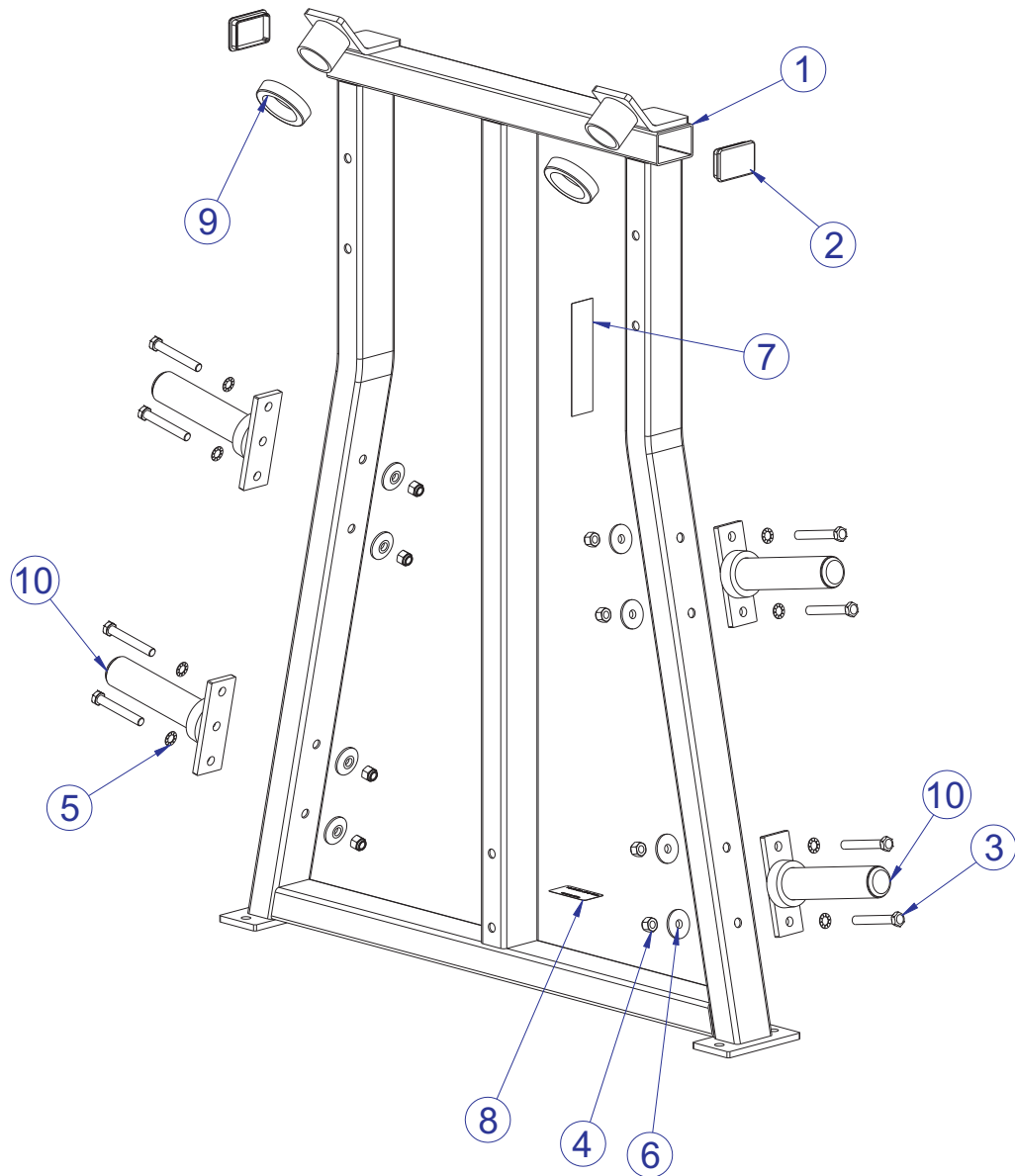
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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7693401	ASSY, PLL2 Rear Frame
2	1	7694101	ASSY, PLL2 MIDDLE FRAME
3	1	7698401	ASSY, PLL2 BOTTOM MA
4	25	3239505	WSH, .500 IN-D ST ZN
5	4	3239305	1/2-13 X 1.25 UNS HEX FHB G5 ZN
6	1	7697601	ASSY, PLL2 TOP MA
7	2	7961101	TUBE, RAIL
8	1	7697101	ASSY, PLL2 SEAT
9	8	H-BACK-WASH	BACKING WASHER
10	10	3239314	1/2-13 X 3.50 UNS HEX FHB G5 ZN
11	17	3102801	NUT, NYLOCK 1/2-13 ST ZN
12	1	7699301	WLDMT, PLL2 SEAT BACK
13	2	8074901	SHAFT, PLL2, SEAT ADJ
14	1	7699901	WLDMT, PLL2 SEAT ADJ LNK
15	1	7699701	PLATE, PLL2 .25" SEAT ADJ.
16	1	7699601	WLDMT, PLL2 SEAT ADJ. HNDLE
17	1	7352301	CAP, END 2 X 3
18	2	3239317	1/2-13 X 4.25 UNS HEX FHB G5 ZN
19	4	3251501	ROLLER ASSY
20	4	3239319	1/2-13 X 4.75 UNS HEX FHB G5 ZN
21	10	3102507	WASHER, TYPE A PLAIN
22	2	7671601	MM5 RING
23	2	H-BENDCAP	BULLET CAP
24	2	3239311	1/2-13 X 2.75 UNS HEX FHB G5 ZN
25	6	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
26	1	7696201	ASSY, PLL2 HOOK-STOP
27	8	3236601	WASHER, 3/8 SAE SS
28	8	3223302	3/8-16 X 1.25 HEX HEAD BOLT

29	1	U-PLLL2	PLLLP BACK PAD
30	1	URow_	PAD
31	2	7709901	PLATE, PLL2 HOOK SPRT
32	1	7695501	WLDMT, PLL2 BRACE
33	2	7767301	TUBE, PLLHP WEIGHT BAR
34	2	3223303	3/8-16 X 1.50 HEX HEAD BOLT
35	2	3102802	NUT, NYLOCK 3/8-16
36	1	7695701	ASSY, PLL2 BOTTOM-STOP
37	1	7681601	SPACER, PLLH LINK
38	1	8066601	SHAFT, PLL2, CARRIAGE ADJ
39	1	7709401	WLDMT, PLL2 Link Handle
40	1	7708701	ASSY, PLL2 STOP LINK
41	1	7351301	PIN, PULL X 4.375
42	1	3236602	WASHER, 3/8 ID X 1.25 OD SS
43	1	3223305	3/8-16 X 2.50 HEX HEAD BOLT
44	2	3102807	NUT, NYLOCK 3/8-16 LOW HT
45	1	7709201	WLDMT, PLL2 REL. HANDLE
46	1	7700101	INSERT, .375" X .500" X 1.00"
47	1	3239318	1/2-13 X4.50 UNS HEX FHB G5 ZN
48	9	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
49	1	7710001	DECAL, PLL2 WARNING
50	4	3239316	1/2-13 X 4.00 UNS HEX FHB G5 ZN
51	1	3235801	GRIP, 1.25 OD OPEN END
52	4	H-GRIP	HANDGRIP
53	1	7571302	LABEL, SERIAL NUMBER HAMMER
54	1	7748701	SPRING, PULL PIN - STRONG
55	2	3237402	PLUG, HOLE
56	5	7388201	FOOTPAD, PS RUBBER
57	1	7943701	PLACARD, PLL2

# PLLL2 PLATE LOADED LINEAR LEG PRESS

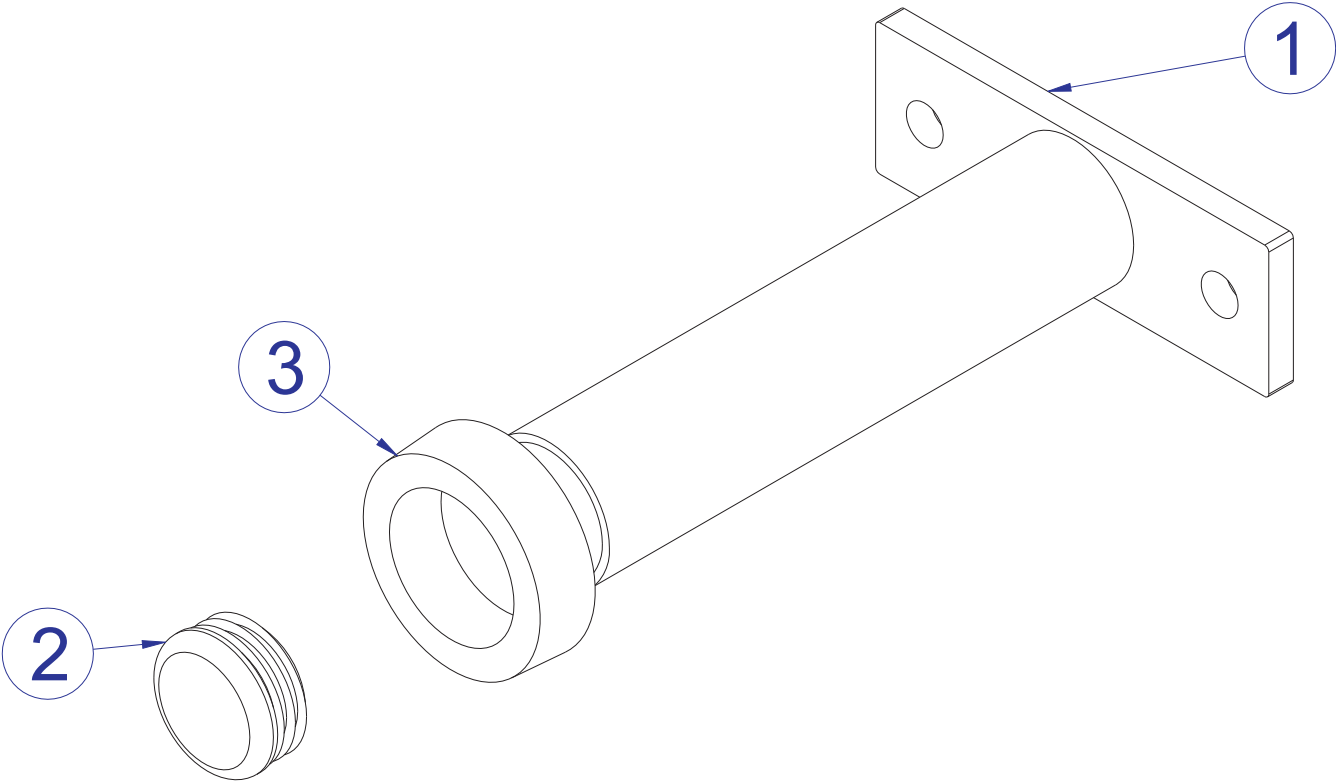
## REAR FRAME ASSEMBLY- 7693401



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7693501	WLDMT, PLLL2 REAR FRAME
2	2	7352301	CAP, END 2 X 3
3	8	3239314	1/2-13 X 3.50 UNS HEX FHB G5 ZN
4	8	3102801	NUT, NYLOCK 1/2-13 ST ZN
5	8	3239505	WSH, .500 IN-D ST ZN
6	8	H-BACK-WASH	Backing Washer
7	1	7422004	LABEL, 2" ASTM WARN
8	1	M051-00299-A000	HAMMER PATENT DECAL
9	2	7444601	BUMBER, DONUT
10	4	3237402	PLUG, HOLE
11	4	7760201	ASSY, WEIGHT HORN

PLLL2 PLATE LOADED LINEAR LEG PRESS  
WEIGHT HORN ASSEMBLY- 7760201

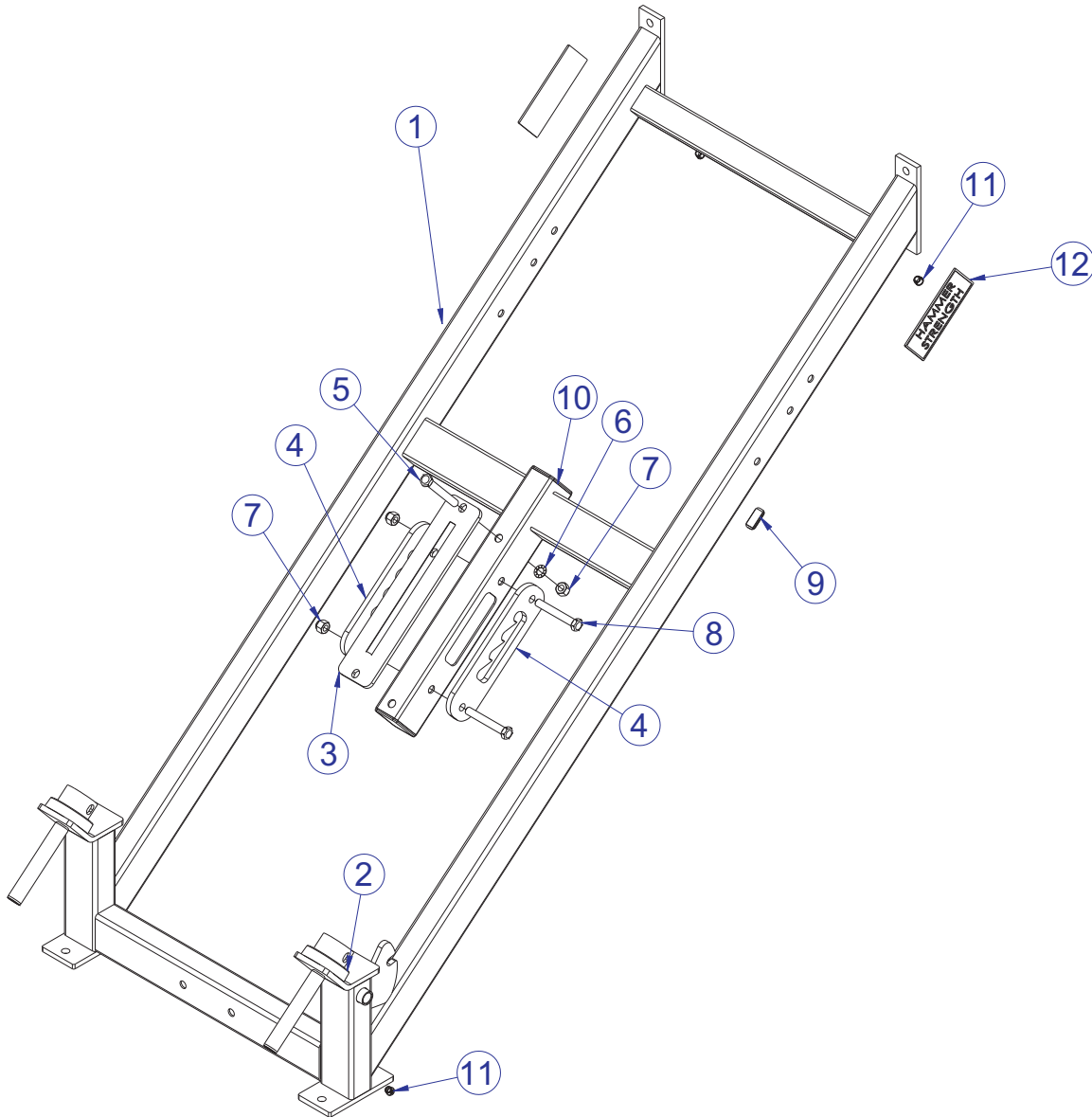
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ITEM NO.	QTY.	PART NO.	DISCRIPTION
1	1	7762701	WEIGHT HORN
2	1	3119302	CAP, END 1.75 DIA RD 14-20 GA
3	1	7671601	RUBBER RING

# PLLL2 PLATE LOADED LINEAR LEG PRESS

## MIDDLE FRAME ASSEMBLY- 7694101

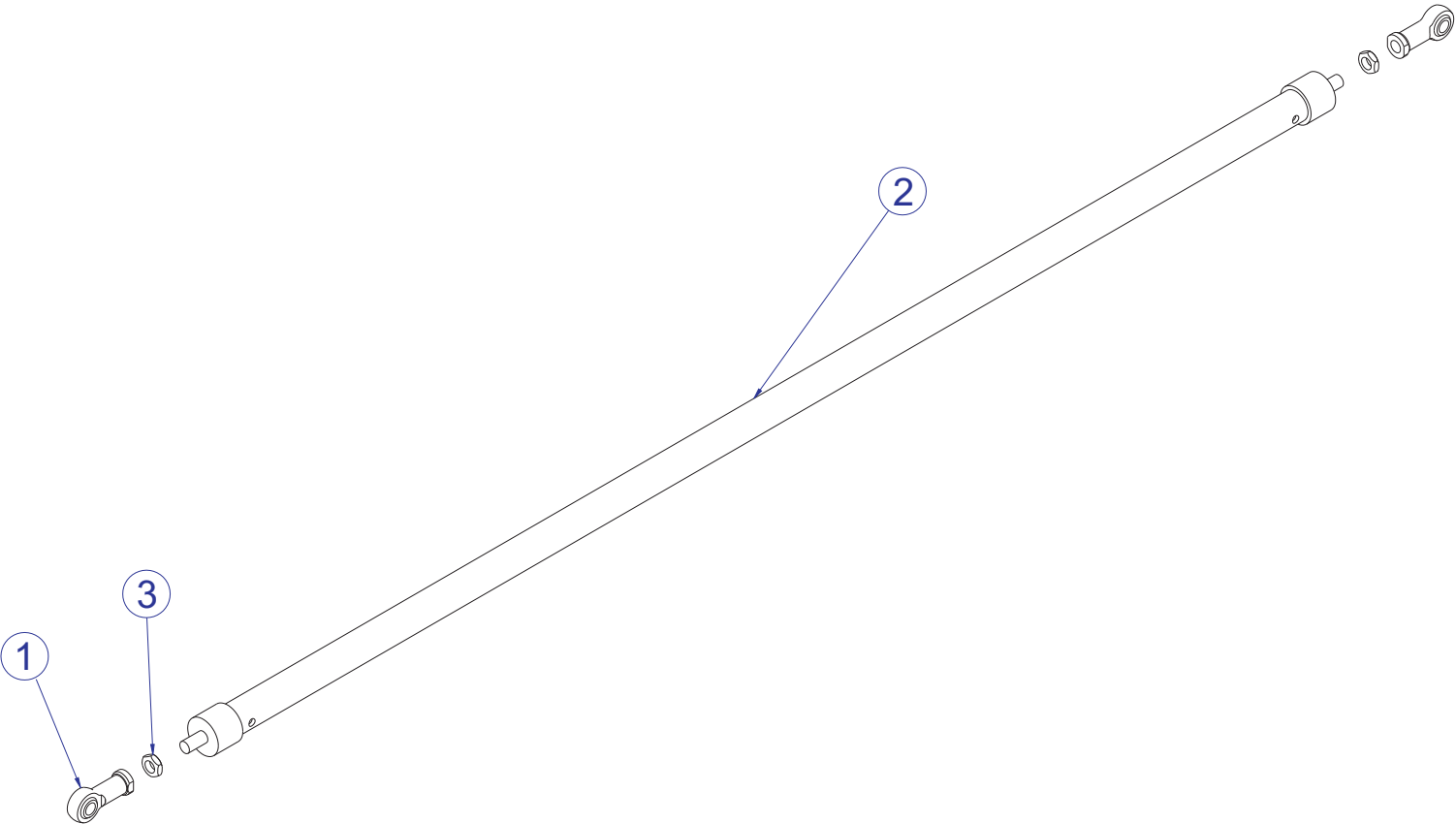


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7694201	WLDMT, PLL2 MIDDLE FRAME
2	2	7444601	BUMBER, DONUT
3	1	7359701	SEATRACK FRONT
4	2	7695101	PLATE, PLL2 STOP
5	1	3239316	1/2-13 X 4.00 UNS HEX FHB G5 ZN
6	1	3239505	WSH, .500 IN-D ST ZN
7	3	3102801	NUT, NYLOCK 1/2-13 ST ZN
8	2	3239314	1/2-13 X 3.50 UNS HEX FHB G5 ZN
9	1	7570801	Guard, Paint 1.25"x.75"x.25"
10	2	7352301	CAP, END 2 X 3
11	4	3237402	PLUG, HOLE
12	2	M051-00289-A000	HAMMER STRENGTH NAME PLATE

# PLLL2 PLATE LOADED LINEAR LEG PRESS

## STOP LINK ASSEMBLY- 7708701

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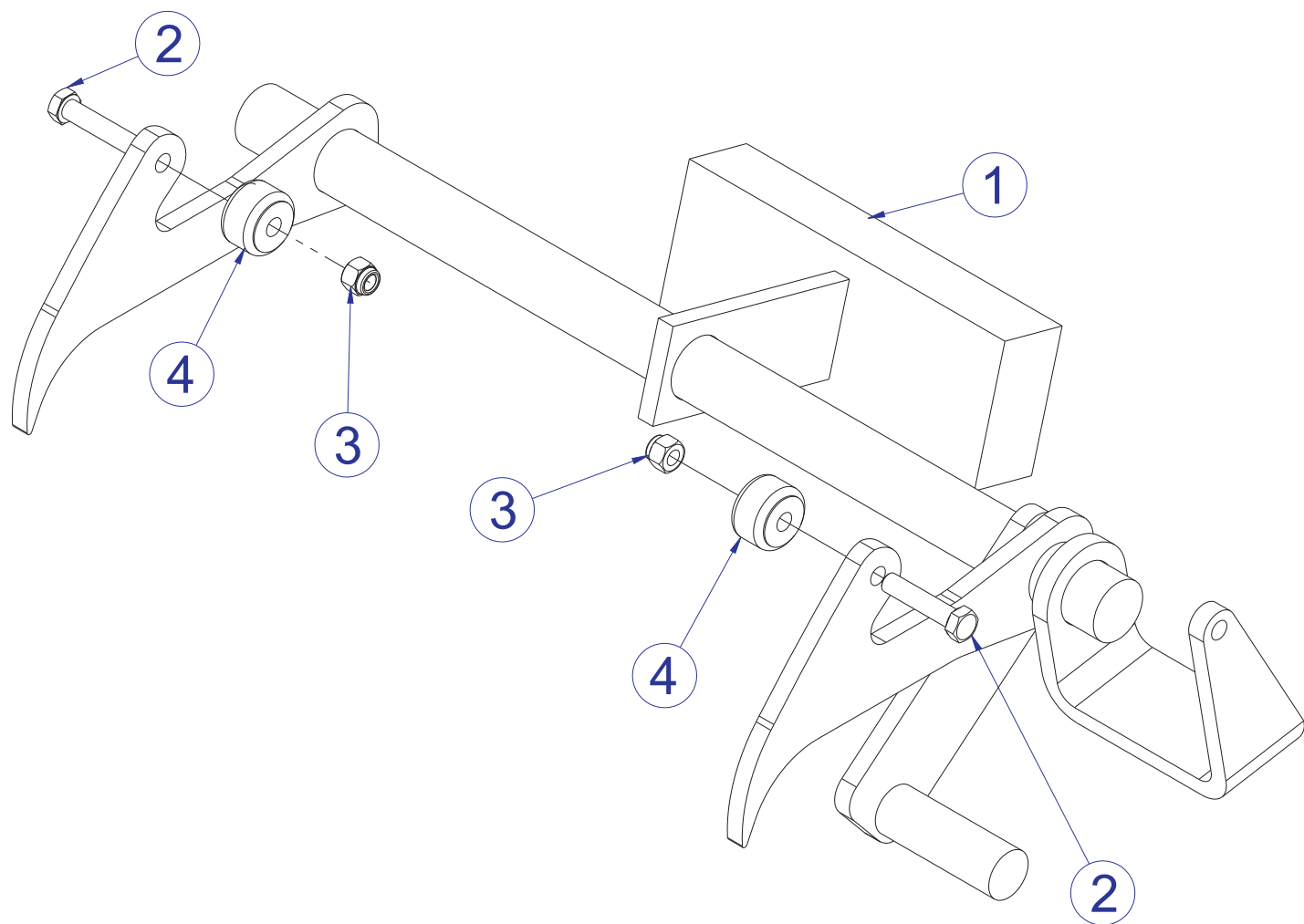
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3237900	ROD END, METRIC FEMALE
2	1	7708801	WLDMT, PLLL2 LINK
3	2	3236901	NUT, M10 X 1.5 JAM



# PLLL2 PLATE LOADED LINEAR LEG PRESS

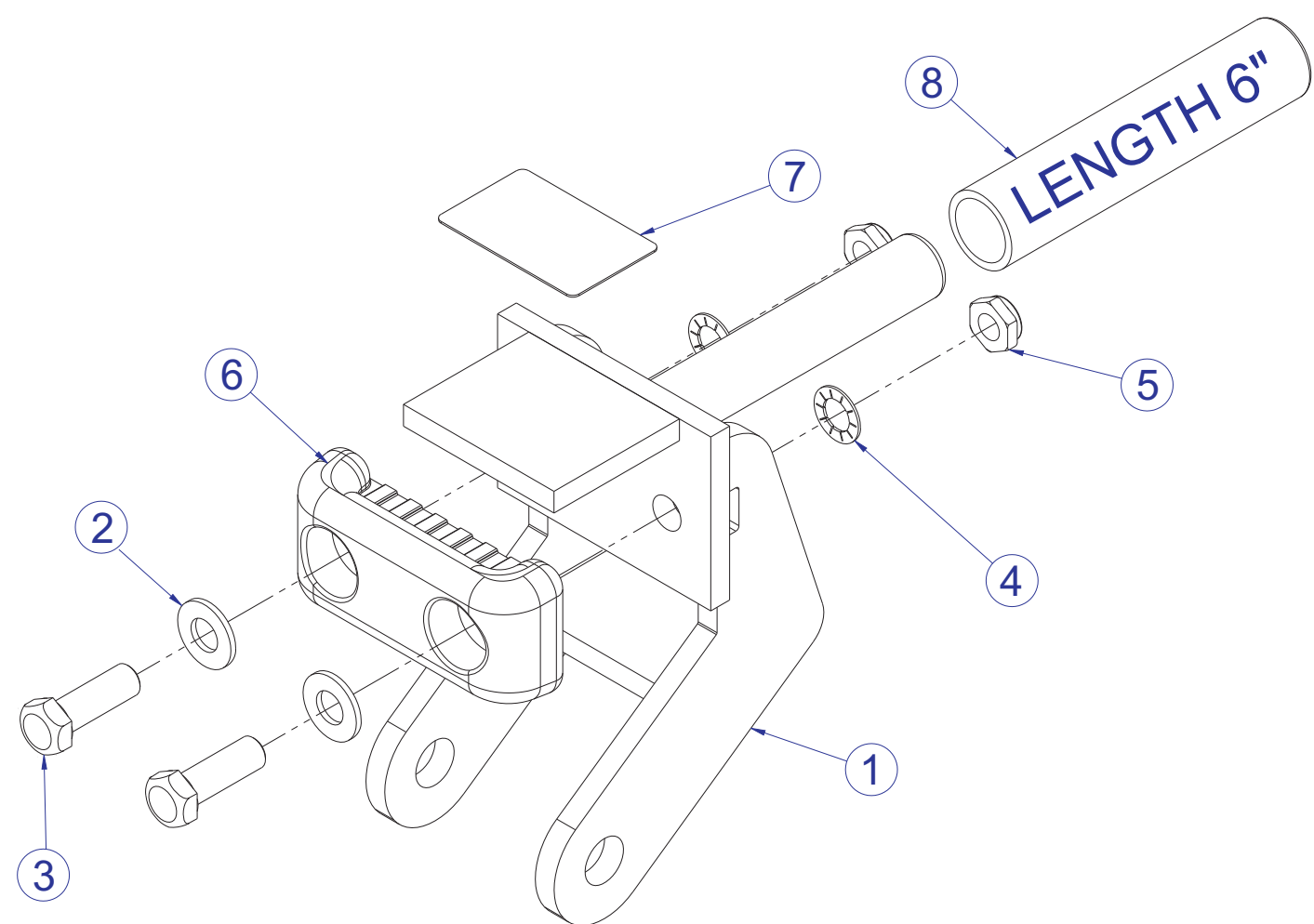
## HOOK STOP ASSEMBLY- 7696201

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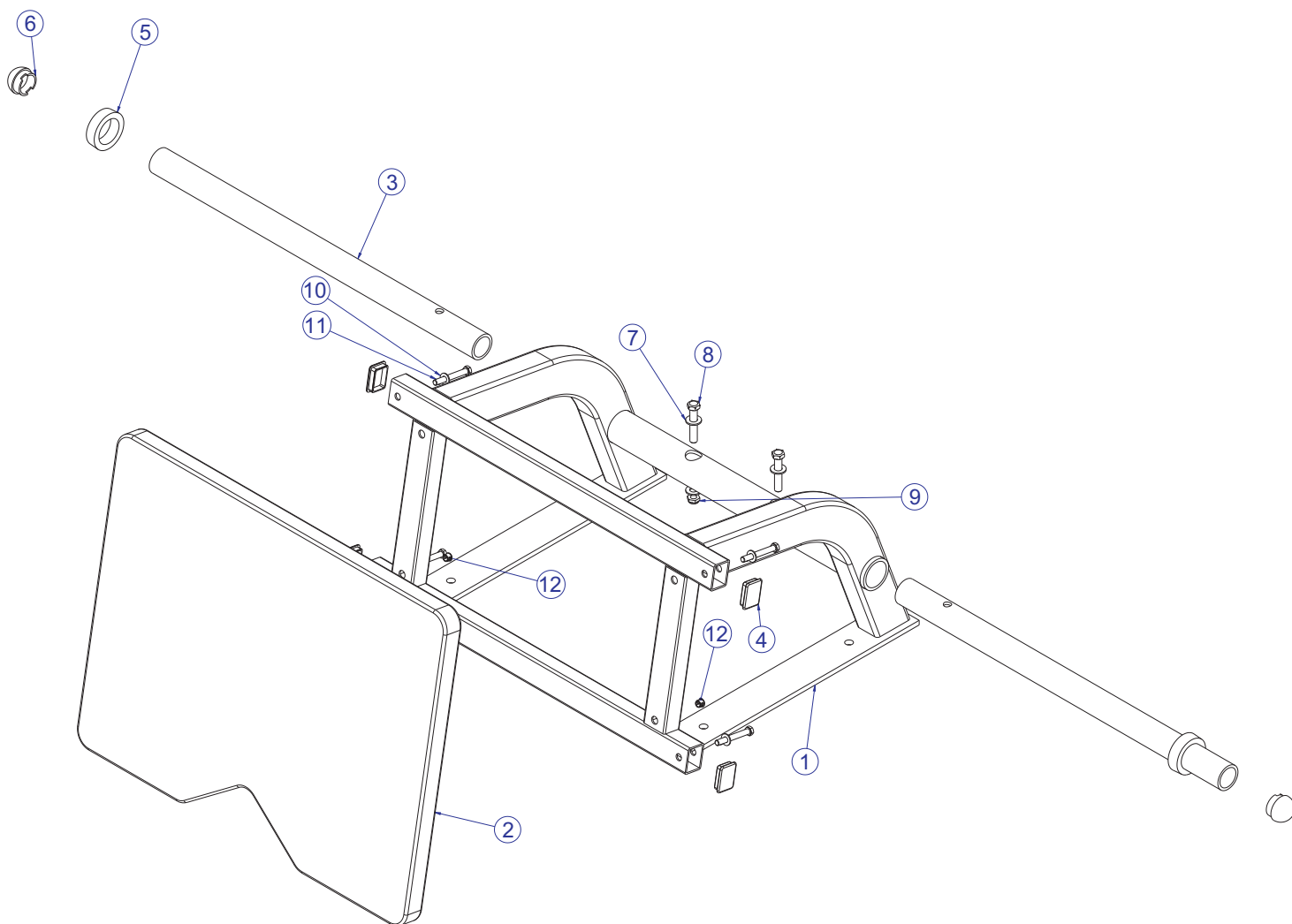
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7696301	WLDMT, PLLL2 HOOK-STOP
2	2	3223304	3/8-16 X 1.75 HEX HEAD BOLT
3	2	3102802	NUT, NYLOCK 3/8-16
4	2	3248401	CAM FOLLOWER TORRINGTON YCR-20

PLLL2 PLATE LOADED LINEAR LEG PRESS  
BOTTOM STOP ASSEMBLY- 7695701



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7695801	WLDMT, PLL2-BOTTOM STOP
2	2	3102507	WASHER, TYPE A PLAIN
3	2	3239306	1/2-13 X 1.50 UNS HEX FHB G5 ZN
4	2	3239505	WSH, .500 IN-D ST ZN
5	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
6	1	7352001	BUMPER, 2-1/8 X 4-5/8
7	1	7710002	RANGE OF MOTION CAUTION
8	1	H-GRIP	HandGrip

# PLLL2 PLATE LOADED LINEAR LEG PRESS TOP MOVEMENT ARM ASSEMBLY- 7697601

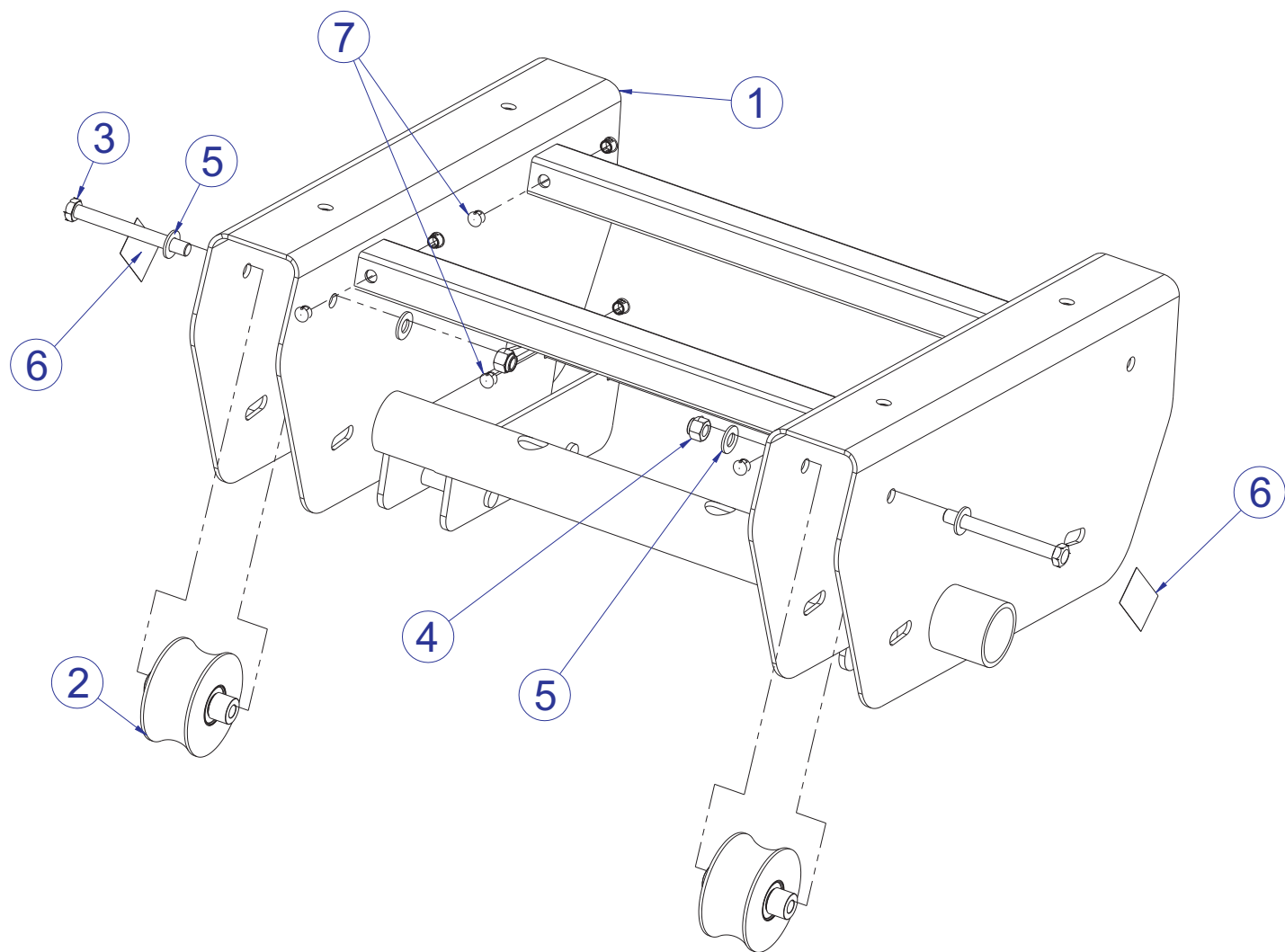


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7697701	WLDMT, PLL2 TOP MA
2	1	7698301	BOARD, PLL2 LINEXED
3	2	7767301	TUBE, PLLHP WEIGHT BAR
4	4	7352201	CAP, END 1-1/2 X 2
5	2	7671601	MM5 Ring
6	2	H-BENDCAP	Bullet Cap
7	4	3102507	WASHER, TYPE A PLAIN
8	2	3239311	1/2-13 X 2.75 UNS HEX FHB G5 ZN
9	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
10	4	3236601	WASHER, 3/8 SAE SS
11	4	3251309	3/8-16 X 3.00 HEX HEAD BOLT
12	2	3237402	PLUG, HOLE

# PLLL2 PLATE LOADED LINEAR LEG PRESS

## BOTTOM MOVEMENT ARM ASSEMBLY- 7698401

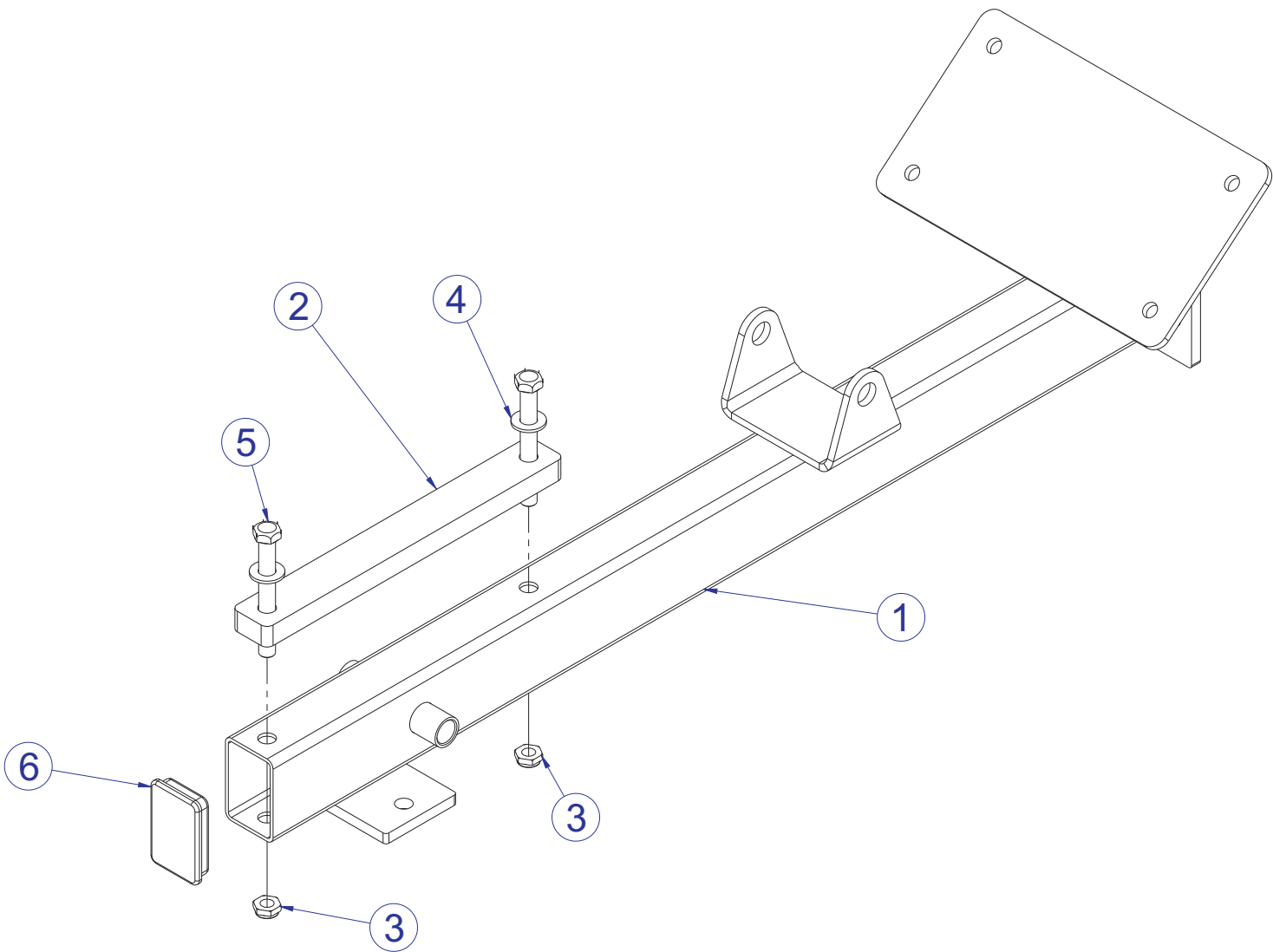
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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7698501	WLDMT, PLLL2 BOTTOM MA
2	2	3240301	ROLLER ASSY
3	2	3239319	1/2-13 X 4.75 UNS HEX FHB G5 ZN
4	2	3102801	NUT, NYLOCK 1/2-13 ST ZN
5	4	3102507	WASHER, TYPE A PLAIN
6	2	7422003	LABEL, MOVING PARTS
7	12	3237402	PLUG, HOLE

# PLLL2 PLATE LOADED LINEAR LEG PRESS SEAT ASSEMBLY- 7697101

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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7697201	WLDMT, PLL2 SEAT
2	1	7709801	BUMPER, 1" STRIP
3	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
4	2	3102507	WASHER, TYPE A PLAIN
5	2	3239317	1/2-13 X 4.25 UNS HEX FHB G5 ZN
6	1	7352301	CAP, END 2 X 3

# PLLL2 PLATE LOADED LINEAR LEG PRESS IMAGE

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